Please add the Abstract appearing on the following page:

ABSTRACT OF THE DISCLOSURE

        A method of converting m-bit information words to a run-
length constrained modulated signal includes converting the
information words into n-bit code words. The available code words
are distributed over at least one group (G1) of a first type and at
least one group (G2) of a second type. The selection of a code word
belonging to the group of the first or second type establishes a
coding state of the first type (S1) or one of a number r of coding
states (S2, S3) of the second type, depending on the current
information word. For each information word, a subset of code words
is available, this subset having at least one disjunct code word
for each of the r coding states. The selection from the subset of
the code word to be delivered is based the coding state, on
dynamically verifying the run-length constraint for the sequence of
code words, and on an additional criterion, like the low frequency
content of the modulated signal.